



# WINTER HEALTH & WELLNESS

Kiwanis Recreation Center Winter 2004



## MOMS' CORNER

### ADD/ADHD Alternative Therapies

There are an extraordinary number of children in our country diagnosed with ADD/ADHD (Attention Deficit Disorder/ Attention Deficit Hyperactive Disorder). In this workshop we'll focus on understanding the ADD/ADHD personality and exploring a broad overview of non-drug alternative modes of therapy. This growing segment of our population is being medicated to control behavior often without recognition of the holistic needs of these children. Bring pen & paper. Fee: \$12.

KADD-1A 18yrs+ Sa 2/21 11am-1pm

### New! Meditation for Moms

The Dali Lama once said, "If you can't meditate with children, you can't meditate." Learn to reduce your stress level and refresh yourself in two minutes. With this simple easy way to relax you will find a deeper enjoyment of your life and your children. Fee: \$12.

KMFM-1A 18yrs+ W 1/28 6:30-8:30pm

### Yoga for Parent & Child with Desiree Lewis

This joyful class will take you through a series of yoga postures that will improve your strength, flexibility, and balance. Children are welcome to participate in all or part of the class (half of our space is designated for the class and the other half for quiet play). One child per adult. (Drop in fee: \$9.50 per class). Fee: \$55. Fee includes an adult plus one child.

KYOG-1A 1-4yrs Th 1/22-3/11 10-11am

### Aerobics, Cardio Mix

Put some fun in your workout! This class will feature something new each week and includes high-low aerobics, kick aerobics, boot camp stations, and hip-hop aerobics. Purchase a 4 (\$16), 6 (\$24), or 8 (\$32) visit punch pass and attend any day. Pass also includes visits to KRC water fitness classes. \*Child enrichment program provided for children ages 12month to 5yrs on M/W. \*No class 1/19, 2/16 & 2/28

GECM-1A 16yrs+ M/W 1/12-3/10 8:45-9:45am  
Sa 1/17-3/13 8:30-9:30am

## MIND & BODY

### Learn to Live

Relax through meditation! Look at nutrition and exercise in moderation. Make a new daily schedule with time for meditation for the soul, study for the mind, good nutrition and moderate exercise for the physical body. \$5 workbook fee due to instructor at class. Wear comfortable clothing. Fee: \$35.

KBAL-1A 18yrs+ Sa 2/7 9am-12pm

### Stop Procrastinating and Live Your Dreams

If you are one of those folks that have great ideas that don't get fully realized, then this course is for you. You'll leave this class with hope, motivation, creative ideas, and practical skills to help you break through the barriers, real or imagined that keep you from fully realizing your dreams. Fee: \$12.

KSPL-1A 18yrs+ Sa 1/24 11am-1pm

### New! The Simplicity of Body Cleansing

To maintain true health and balance, the body must have a clean environment. We will teach you the importance and simple concepts of cleansing. Also you will learn the importance of cleansing and why you want to strengthen your body and gently feed it foods to assist the natural cleansing process. Fee: \$5.

KSBC-1A 18yrs+ W 3/3 7-8:30pm

### New! Chinese Philosophy of Health

It is well known that the Chinese lived long and healthy lives by applying simple, natural principles. We will teach the basics of yin and yang. Learn the most critical aspects of the Chinese philosophy of health: the five elements. Discover outward signs such as energy throughout the day, behavior patterns, outside appearances and which systems are strong or weak. Fee: \$5.

KCPH-1A 18yrs+ W 2/18 7-8:30pm

### New! Smoothies and Juices

Learn the basics of juicing, smoothies and nutrition from a Chinese perspective. Various fruit and vegetable juices will be explained and served. The smoothie market and how to be a smart consumer will be discussed. A fun way to integrate high quality nourishment for life on the go. Fee: \$10.

KSAJ-1A 18yrs+ Th 1/22 7-8:30pm

### Wellness Revolution: A home based business in the Wellness Field

The wellness industry will soon surpass the internet & disease care industry combined. Learn why wellness is so important and how to be in the right business at the right time. We will go over concepts of networking, choosing the right company to partner with, and how to begin your journey. Fee: \$5.

KWRB-1A 18yrs+ Th 2/5 7-8:30pm

### Environmental Awareness: Personal Care and Household Products

Many are unaware of the highly toxic, dangerous and harmful products that we use every day. Watch a tape of news clips that expose the personal care product industry. Eliminate the chemical toxins that you use on and near your body and home. Understand the effects on your health and the environment. Replace dangerous products with environmentally safe, superior and effective products. Fee: \$5.

KAWA-1A 18yrs+ W 1/21 7-8:30pm



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[www.tempe.gov/pkrec/krc](http://www.tempe.gov/pkrec/krc)

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### New! Skin Care 101

Are you confused with which cleanser & moisturizers to use for your skin? This class will simplify everything for you. We will go over the basics of how your skin functions, the importance of PH and test several products in the market. Learn the simple routine of cleansing, balancing & nourishing the skin. Apply the best products for a facial like you never experienced. Fee: \$10.

KSKN-1A 18yrs+ Th 2/12 7-8:30pm

### Exercise & Sports

#### New! Cleanse the Lymphatic System through Rebound Exercise

We know the importance of exercise, but how many of us truly understand why it's crucial? What actually goes on during exercise? The lymphatic system is the venue used to eliminate waste, toxins and allows for proper nutrition to the cells. Learn all about this over-looked system and how rebounding is the most incredible form of exercise. Fee: \$5.

KCLS-1A 18yrs+ W 3/17 7-8:30pm

#### Karate

Increase flexibility and strength, relieve stress and have fun! Learn the self-defense art of Hawaii Kenpo from Hall of Fame Instructor Jack Wimbish. Uniform, belt and school patch available first day of class for \$35 (required). New student orientation at 5:30pm on first day of class. This is an on-going program with room for belt rank advancement (there are belt-testing fees). Fee: \$50.

KKAR1-3A 12yrs+ T/Th 1/6-1/29 6-7:30pm

KKAR2-3A 12yrs+ T/Th 2/3-2/26 6-7:30pm

KKAR3-3A 12yrs+ T/Th 3/2-3/30 6-7:30pm

#### Pilates/Mat Science with Desiree Lewis

Increase strength, flexibility & balance of the body. The exercises are derived from yoga, dance, & sports rehab conditioning. Focus on mindful movement & core stabilization. All levels welcome. (Drop in fee: \$9.50/ class.) Fee: \$55.

KPLT-1A 16yrs+ T 1/20-3/9 9-10am

KPLT-2A 16yrs+ W 1/21-3/10 6:15-7:15pm

#### Hatha Yoga with Desiree Lewis

This eclectic yoga class takes you through a series of static postures that will increase your strength, flexibility and balance. The smooth transitions of this class allow you to detach and move inside yourself for a meditative experience. Variations and modifications of the postures offered for students of all ability. (Drop in fee: \$9.50 /class.) Fee: \$55.

KYOG-2A 16yrs+ T 1/20-3/9 10-11am

#### Yoga/Pilates Combo with Desiree Lewis

Integrate both Hatha Yoga & Pilates to increase mind & body wellness. (Drop in fee: \$9.50/class.) Fee: \$55.

KYPC-1A 16yrs+ W 1/21-3/10 5-6pm

KYPC-2A 16yrs+ Th 1/22-3/11 9-10am

The following classes are presented in the interest of good health by the Doctor's Speakers Bureau.

**Guest Speaker: Dr. Joshua Bock, D.C.**

#### 5 Secrets to Permanent Weight Loss

Have you ever struggled to lose weight? Learn how to become healthier and reach your body's full potential naturally without pills, lotions or potions. Fee: \$5.

KDSB-1A 18yrs+ T 1/20 7-9pm

#### Attention Deficit Disorder

Learn about the neurological and physiological causes that contribute to behavior, & some winning non-drug solutions that improve performance & behavior.

Fee: \$5.

KDSB-7A 18yrs+ T 3/9 7-9pm

#### Balancing Hormones Naturally: Healthy Solutions to PMS and Menopause

Get a complete understanding of the symptoms that occur during PMS and menopause but also their solutions via diet, vitamins, exercise and stress reduction.

Fee: \$5.

KDSB-4A 18yrs+ T 2/10 7-9pm

#### Fibromyalgia

Come and discover the various causes of this baffling disease. Learn techniques that help improve function and reduce pain naturally through nutrition without medication. Fee: \$5.

KDSB-3A 18yrs+ T 2/3 7-9pm

#### Peak Performance Workshop

Learn what's holding you back! Learn about your body's needs, how to minimize strain and stress, tips on increasing energy and preventing fatigue! Fee: \$5.

KDSB-6A 18yrs+ T 2/24 7-9pm

#### Pressure Points

Find your body's trigger points and how to release them in order to improve your health and quality of life.

Attending with a partner is recommended. Fee: \$5.

KDSB-2A 18yrs+ T 1/27 7-9pm

#### Stress: The Causes and Cures

Discover how stress affects the body. Learn practical things that you can do at home or work to reduce the negative effects of stress. Fee: \$5.

KDSB-5A 18yrs+ T 2/17 7-9pm

**Class size is limited.**

**Advance registration is required!**

